

Table 1. Edible Flowers.

Common Name	Scientific Name	Flavor	Color	Comments
Anise hyssop	<i>Agastache foeniculum</i>	Anise	Lilac	Self seeding perennial
Apple	<i>Malus</i> spp.	Floral	White to pink	<i>Eat in moderation since flowers contain cyanide precursors</i>
Arugula	<i>Eruca vesicaria sativa</i>	Spicy	White	Annual; once flowers form the leaves become bitter
Basil	<i>Ocimum basilicum</i>	Herbal	White, lavender	Annual
Bachelor's button	<i>Centaurea cyanus</i>	Vegetal	White, pink, blue	Annual; petals are edible; the calyx is bitter
Bee balm	<i>Monarda didyma</i>	Minty, sweet, hot	Wide range	Perennial
Borage	<i>Borago officinalis</i>	Herbal	Blue	Annual; use with nasturtium; <i>use sparingly</i> — <i>diuretic effects</i>
Broccoli	<i>Brassica officinalis</i>	Spicy	Green	Annual
Calendula	<i>Calendula officinalis</i>	Slightly bitter	Yellow, orange	Annual; most often used for color rather than flavor
Chamomile	<i>Chamaemelum noblis</i>	Sweet apple	White	Perennial; <i>drink tea in moderation</i> — <i>contains thuaone; ragweed sufferers may be allergic to chamomile</i>
Chervil	<i>Anthriscus cerefolium</i>	Herbal	White	Annual
Chicory	<i>Cichorium intybus</i>	Herbal	Blue	Perennial
Chives	<i>Allium schoeonoprasum</i>	Onion	Lavender-pink	Perennial; avoid eating whole flower; taste can be overwhelming
Chrysanthemum	<i>Chrysanthemum</i> spp.	Strong	Perennial	Use the florets; strong flavor
Dandelion	<i>Taraxacum officinale</i>	Sweet, honey-like	Yellow	Perennial; use young flowers, mature flowers become bitter; flowers close after picking
Daylily	<i>Hemerocallis</i> spp.	Vegetal, sweet	Wide range	Perennial; <i>may act as a diuretic or laxative; eat in moderation</i>
Dianthus	<i>Dianthus</i> spp.	Sweet clove flavor	Wide range	Perennial; remove the narrow base of the petals (bitter)
Dill	<i>Anethum graveolens</i>	Herbal	Yellowish-green	Annual